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Brig. Gen. John T. Brennan 8th Fighter Wing commande

Maj. Francisco G. Hamm Public affairs chief

Master Sgt. Will Ackerman Public affairs superintendent

JET 48 STAFF

Capt. Chris Watt

Deputy chief of public affairs Chief of internal information

Senior Airman Jeff Hamm

Senior Airman Lynne Neveu Assistant Editor

Airman 1st Class Pamela Lampert Staff writer

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151 Fax: 44+(1638) 525637 Phone: 44+(1638) 525640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

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48th Fighter Wing Public Affairs

Mail: 48FW/PA, Unit 5210 Box 215, APO AE 09461 Email: 48fw.pa@lakenheath.af.mil

Phone: 44+(1638) 522151

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A GLANCE

4 COMMANDER'S FORUM

Freedom: our cherished right

7-8 News

- ❖ Fire department encourages fireworks
- ❖ Vienna Document signatories visit RAF Lakenheath
- * RAF Feltwell July 4 schedule of events

Monday is an authorized **Family Day** for Liberty Wing members

11 AROUND THE AIR FORCE

❖ Civilian Personnel Data System shuts down for improvements

12-13 FEATURES

❖ Liberty Wing fire department effectively combines military and Ministry of Defence personnel to ensure safety



14 SPORTS

❖ Local teen excels internationally in tae kwon do

17, 19 Perspectives

- ❖ RAF Lakenheath is no Sleepy Hollow commander recognizes Liberty pride
- ❖ Liberty Wing's "Team 11" exceeds standards

21 DISCOVER BRITAIN

❖ Youth hostels offer affordable lodging during travel

22 COMMUNITY

- ❖ Pure Passion rocks the Eagles' Landing
- Local Air Force Association chapter encourages participation



Photo by Senior Airman Lynne Neveu

ON THE COVER

The Fourth of July gives Liberty Wing members an opportunity to reflect on the struggle for freedom that led to the birth of our nation. This year's celebration at RAF Feltwell provides activities for the entire family. For information on the event, see Page 7. Graphic illustration by Senior Airman Yasemin Clark.

YOUR LINK TO THE COMMANDER

Freedom – our cherished right

BY BRIG. GEN. JOHN T. BRENNAN

48TH FIGHTER WING COMMANDER

Today marks one of our nation's most historic and pivotal moments—our Declaration of Independence. It was on this day in 1776 that our Founding Fathers declared to the world their independence from British imperial rule. It took seven long years of war, and cost the lives of many courageous American patriots before that freedom was finally achieved in 1783. But from that day on, we have come together on July 4 to celebrate liberty and the cause of freedom.

Team Liberty marks our nation's 227th birthday with a celebration at RAF Feltwell that features rides, food, and of course, fireworks. With many Liberty Warriors just returning from deployments supporting Operation Iraqi Freedom and the war on terror, and others preparing themselves for future deployments as part of Air and Space Expeditionary Force 4, this is a great opportunity to share some quality down time with our friends and families.

As American airmen, we should especially be proud of our Air Force this year, as we witnessed and took part in the coalition air campaign in Iraq, which was one of the most deliberate, disciplined, and precise air campaigns in history. The liberation of Iraq proved once more that freedom is not free; it does have its costs. We are a nation that believes in democratic principles and we have the blessing of being prosperous enough as a country that we can help others like

the Iraqi people fight for their freedom. It is therefore all the more appropriate that, as we celebrate more than two centuries of our freedom, we are watching another nation take its first tentative steps toward democracy.

As former President Franklin D. Roosevelt said in a speech in 1936, "In the truest sense, freedom cannot be bestowed; it must be achieved." The Iraqi people have at last been liberated from the brutal regime of Saddam Hussein, their freedom attained through the determined and decisive efforts of U.S. and coalition forces. Operation Iraqi Freedom brought the Iraqi people long-sought freedom from fear, starvation, abuse and torture.

The war in Iraq also illustrated a fundamental truth: it is not enough to merely believe in freedom, or to desire to be free. The precious gift of freedom depends on our willingness to defend our liberty with our words, our actions and, if necessary, our lives.

Today, we celebrate our freedoms and our great relationship with one of our staunchest Allies, friends, and our hosts, the British. To show our gratitude, we extend an invitation to all of our British neighbors, friends and family to join us in our Feltwell celebration to say "thank you" for all the support they've given us throughout the years.

In closing, let me wish all of you a very happy Independence Day and a safe and relaxing weekend to follow. Regardless of how you choose to celebrate this weekend, please keep safety at the forefront of everything you do—we need everyone back safe and sound on Tuesday.

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

48th Fighter Wing commander

I would like to know what parents are thinking while shopping at the commissary in Lakenheath.

The first thing is, do parents really think that the fruit and vegetable aisle is a smorgasbord or just a free lunch? For the last few weeks, I have watched as parents have given their child/children grapes, apples, bananas, and even the chocolate that is in this aisle. Parents should know that these items are weighed at the check stand. If the child/children are eating these items before being paid for that is considered stealing. So many parents give their children these items to keep them quiet. It works, but what are they teaching their children? That it is OK to take something and not pay for it? Parents should bring something for the

child/children to eat during their trip to the commissary. Yearly, millions of dollars are probably lost by DECA because of such acts. In getting the money back, prices are raised, instead of lowered. Should signs be placed like at AAFES about shoplifting? Maybe. It sure would be a better idea.

The second thing is, do parents think that the commissary is a romper room? Parents bring children to the commissary, and some times just let them go wild. Children are running up and down the aisles screaming. Or better yet, children are using the carts as battering rams into displays, or other carts, while parents are talking to their friends or neighbors for sometimes up to 30 minutes. The commissary is a place of business. Would these same parents bring their children to their place of work, and let them just run up and down the halls? I think not. Also, on the carts there are child restraints. Many times I have watched as children try to climb out of their seat, or have actually fallen out of the cart, while, their parents are there watching them yelling at the child to sit down. Is this child neglect? Probably. Should family advocacy be called about this? Maybe . Thank you for your time.

Thank you for your inquiry. We couldn't agree more—the commissary is a

place of business. The Defense Commissary Agency does not have a policy on behavior of children in their stores. The Lakenheath Commissary annual sales exceed \$27 Million with approximately 1,600 paying customers daily. Shopping at the Commissary is also a privilege extended to the men and women of the US Armed Forces with average savings of approximately 30% of retail price—that equates to an average savings of about \$2,400 annually for a family of four. We expect our patrons to ensure their children behave according to the rules of common courtesy in a public forum. DeCA management will not hesitate to speak to parents if children are not being safe - the last thing we want is to have one of our children suffer an injury.

By the way, glad you mentioned parents offering fruit to their children free of charge. The ongoing Commissary renovation project includes digital scales to be installed in the produce area. Installation is scheduled to take place in the next few months and will allow patrons to weigh their fruit/produce and get a digital print out of the cost. So if mom or dad wants to give their child an apple, the cost will be reflected in the ticket attached to the bag. Although fruit is not offered gratis, the Commissary does offer complimentary coffee. Look forward to seeing you soon – the coffee is on the house.

PAGE 4 JET 48 MAGAZINE JULY 3, 2003

Vienna Document signatories conduct visit of Liberty Wing

BY ANDREW BAKER

48TH FIGHTER WING TREATY COMPLIANCE OFFICE

Over 50 military observers from signatory States of the Vienna Document 1999 will visit RAF Lakenheath Wednesday through July 11 to witness daily operations first-hand.

The team of observers will also visit RAF Marham, a Royal Air Force installation in Norfolk, earlier in the week. At both bases, the observers will receive briefings, be shown the aircraft, visit a wide variety of support activities, and meet base personnel.

The purpose of VDOC99, to which there are 55 signatories, is to engender trust and cooperation about national intentions through a variety of military information exchanges and other confidencebuilding measures. The VDOC99 treaty provides an excellent opportunity to foster the diplomatic aims of all the participating states.

It is a requirement of all VDOC99 signatory states to invite observers to a normal peacetime air base, at which combat units are located, at least once every five years. This allows the observers to witness a typical day in the life of the air base. This is designed to allow the observers to gain an impression of the number of sorties and types of missions flown at a given base.

While at RAF Lakenheath, the observers will be welcomed by wing leadership with a formal dinner Wednesday evening. On July 10, they will receive a tour of the Liberty Wing and have an opportunity to talk to aircrews, maintenance, and support personnel. It is hoped when the observers leave for home on the morning of July 11, they leave with a positive and lasting impression of the 48th Fighter Wing, the U.S. Air Force way of life and America.



Setting up

Maj. Steven Maller, 48th Dental Squadron, helps construct an inplace patient decontamination unit during Readiness Team training June 27 in the base hospital parking lot. In the event of a chemical or biological warfare situation, the tent would allow the emergency room to remain free from contaminants. About 20 people from the 48th Medical Group took part in the training.

This year's Fourth of July celebration takes place from noon to midnight Friday at RAF

Commanders vs. First Sergeants softball Feltwell. This event, sponsored by the 48th and 100th Services Squadrons, is open to the public.

A free shuttle bus runs between the RAF Lakenheath Base Exchange and the Bird View area of RAF Feltwell. Buses depart both locations approximately every half hour for the duration of the event. Following is a list of activities that will go on during the celebration:

10 a.m.:

Fun Run

Noon-midnight:

- ☐ Carnival rides (reduced rides for first hour)
- ☐ food booths
- bouncy castle
- bungee run
- □ remote control cars
- pony rides
- □ birds of prey demonstration

2 p.m. to 7:30 p.m.

DJ

3 p.m.

Chiefs vs. Eagles softball game

Kuk sool won demonstration

game

7:30 p.m. to 9:30 p.m.

Live band: Red Alert

9:30 p.m. to 10 p.m.

DJ

10 p.m.

Fireworks show

10:20 p.m.

Live band: Get Back to Rock n' Roll

Special events:

Children's events

Classic car show

For safety reasons, the following items are prohibited:

- ☐ Bags, backpacks and coolers; diaper bags are allowed but must only contain baby needs
- ☐ Alcohol of any kind
- ☐ Picnic lunches
- ☐ Pets; Security forces will be patroling the parking area to ensure pets aren't left in cars
- Tents



4 named Sijan award winners

The following Liberty Wing members were named Lance P. Sijan U.S. Air Force Leadership Award winners:

- ☐ Maj. Rick Blaisdell, 48th Component Maintenance Squadron
- ☐ 1st Lt. Christopher Rehm, 48th CMS
- ☐ Senior Master Sgt David Jans, 48th CMS
- ☐ Tech. Sgt. George Anghelescu, 48th Operations Support Squadron

48th MUNS promotions

The Air Force Personnel Center released the master and technical sergeant promotion lists June 26. The following 48th Munitions Squadron members were selected for promotion:

To master sergeant

Glen Daze Michael Nieft Eric Romelfanger

To technical sergeant

Kerri Brooks Robert Brown Victoria Light Peter Reynolds Matthew Veltri

BTZ selectees announced

The following airmen first class were awarded Senior Airman Below the Zone for the first quarter of 2003:

- ☐ Jeannette Rosario, 48th Aerospace Medical Squadron
- ☐ Inez Rangel, 48th Medical Support Squadron
- ☐ Michael Morrow, 48th Operations Support Squadron
- ☐ Milford Scroggins, 48th Equipment Maintenance Squadron

Fireworks pose dangers

The Fourth of July is a time for celebration. Use caution to ensure a fire-safe holiday. The RAF Lakenheath Fire Department reminds all that fireworks are not toys. They can cause deaths, blinding and other severe injuries. A sparkler, usually considered safe, burns at a very high temeperature and can easily ignite clothing and other combustible material.

Don't play with fireworks of any kind. The individual use of fire works on RAF Lakenheath, RAF Feltwell and in military family housing is prohibited. A base-sponsored fireworks display will be held at 10 p.m. on RAF Feltwell near the ball fields. Enjoy the Fourth safely and have a happy holiday.



Photo courtesy of the 48th Fighter Wing History Office

50 years of news

In the midst of an Operational Readiness Inspection, on May 15, 1975, the 48th Tactical Fighter Wing established a one-day U.S. Air Forces in Europe sortic record. Maintenance crews generated 134 sorties in one day, helping the wing pass the inspection. In fact, the wing ran out of aircrew before it ran out of aircraft. A maintenance chief exclaimed, "Bring on the aircrews, we'll go for 150."



Hometown: Springfield, Mo. Time in service: 16 months Time on station: 11 months Role in mission: Dental assistant Hobbies: Coaching t-ball and volunteering in the community Favorite movie: "Remember the Titans"

How do you contribute to the wing mission? I help maintain a dental-ready force.

What do you like best about the Air Force? Being able to travel and job security

What do you like most about being in the United Kingdom? Traveling opportunities

How would you improve life at RAF Lakenheath? More variety of entertainment on base, more restaurant choices and more flouride in the water

How do you fulfill core values? By practicing service before self What's the most exciting thing that's happened to you in the Air Force? I met my husband

What is your philosophy of life? What goes around comes around What is your favorite region of the United States and why?

The Midwest, because it's the only place I've been

Where do you see yourself in 10



Airman Tabetha Coley 48th Dental Squadron

years? As a doctor or a nurse in the Air Force

Who is your role model and why? My parents and grandparents because, no matter what, they are always there and they have taught me more than anyone in my life

Upgrade suspends civilian data service

RANDOLPH AIR FORCE BASE, Texas – An upgrade to the Defense Civilian Personnel Data System will shut down its services July 18 to 31, according to Air Force Personnel Center officials here.

The improvement, which affects the servicing of more than 130,000 Air Force civilian employees, will allow all Department of Defense civilians to transact much of their personnel business via the upgraded Web-based system, officials said.

"During the downtime, users will still be able to go into the old programs and input data, but transactions will not be processed by the system until (the system) is brought online," said Charles Huerta, director of civilian personnel operations.

"Our users will soon be able to access the database using a standard Web browser," he said. "In the long run, this upgrade will increase the system's functionality and be an overall better system for the customer. But, we need to shut (the system) down while technicians do the conversion. We appreciate everyone's patience."

Users will benefit from increased security and performance, as well as a slightly different look on their computer screens, officials said.

"We think that this upgrade will improve personnel functions for our civilians," Huerta said.

Services that are affected by the upgrade include:

- ☐ Updates in the Integrated Voice Response System that allows customers to call in changes to their health benefits, life insurance and Thrift Savings Plan accounts.
- ☐ Resumix and Civilian Personnel Decision Support System, used to run hiring and promotion programs.
- ☐ Civilian Servicing Unit for accessing employee data
- ☐ Civilian Virtual Inprocessing Program for new employees.
- ☐ Personnel Automated Record Information System, used to update the electronic official personnel folders of employees.
- ☐ Secure Web applications accessed by individuals to review personal records and change benefits.

For more information, contact technical assistance center at DSN 312-665-3995.

(Courtesy of AFPC News Service)

Incirlik researchers target 'traveler's trot'

BY STAFF SGT.

39TH WING PUBLIC AFFAIRS

INCIRLIK AIR BASE, Turkey – Incirlik has many claims to fame, particularly during its support of operations Northern Watch and Enduring Freedom. While proud of their endeavors, most people would probably choose to do without one infamous part of Incirlik life – diarrhea

Unfortunately for residents, Incirlik has a 10 to 15 times higher rate of traveler's diarrhea, known locally as the "Turkish Trots," than anywhere else in the European theater.

"It's miserable," said Penny Whaley, child development center program technician and a recent victim. "I felt really sick for about three days."

Whaley missed a day of work, a common side effect of the illness.

"Diarrhea can have an enormous impact on the mission," said Jim Johnston, Incirlik's diarrhea research coordinator. "It can render people incapable of carrying out their jobs."

While a nuisance to some, for others, diarrhea is much more serious. It is the No. 2 killer of children younger than 5 within developing countries and ranks

fourth as a global cause of death, according to the World Health Organization.

The seriousness and frequency of diarrhea prompted base officials to contact the Centers for Disease Control and Prevention in Atlanta in 1998. In turn, CDC officials contacted Naval Medical Research Unit-3 in Cairo, Egypt, which oversees the area. They sent a team to Incirlik to evaluate the problem.

The team found the most common causes of diarrhea were the common germs that many travelers are exposed to in developing countries. This find led to further research studies by 39th Medical Group and Naval officials, including one this summer designed to determine the most effective treatment.

"Our goal is to find a better way to diagnose, prevent and treat diarrhea," Johnston said. "We want to get people well and back to work as quickly as possible."

Researchers timed the study to coincide with the summer, when the risk of diarrhea is at its peak. With the temperature rising,



Photo by Airman Joseph Thompson

Meredith Welsh examines a stool sample in the medical clinic laboratory here. The testing is part of a study designed to standardize treatment of diarrhea. She is a medical technologist assigned to the 39th Medical Group, Incirlik Air Base, Turkey.

researchers are expecting diarrhea incidents to rise as well.

"June, July and August are when people are most susceptible to food-borne illnesses," Johnston said. "The heat increases the growth rate of bacteria."

While many may prefer to keep their illness under wraps, researchers are encouraging people to seek help.

The study is open to active-duty members and civilians. Participants are asked to donate stool and blood samples twice in a seven-day period.

Although a stool donation may not top most people's list of favorite things to do, the study team is hoping to make it worthwhile. Participants are rewarded with direct access to medical care, \$25 up front and another \$25 upon completion.

"Even more importantly, people have the chance to make a real difference — not only at Incirlik but for people worldwide," said Johnston.

(Courtesy USAFE News Service.)

PAGE 11 JET 48 MAGAZINE

Jet48Features



(Above) Amn. Stephen Pruet, RAF Lakenheath Fire Department, left, and Firefighter Phil Hyland, Defense Fire Service practice using pneumatic air bags, which would lift a vehicle in an emergency situation. (Right) Firefighter Nigel Rust, DFS, left, gets support from Airman 1st Class Daniel DeCarlo, RAF Lakenheath Fire Department, while participating in aircraft fire training. DFS and RAF Lakenheath firefighters work side-by-side to provide fire protection to the base community.



Defense Fire Service

MOD firefighters work with RAFL Fire Dept to protect Liberty Wing people, assets

BY SENIOR AIRMAN JEFF HAMM

48TH FIGHTER WING PUBLIC AFFAIRS

In the high turnover, high operations tempo world of RAF Lakenheath, the base fire department has a secret weapon to combat a lack of permanence.

Firefighters with the Ministry of Defense Defense Fire Service work hand-in-hand with the 48th Civil Engineer Squadron Fire Protection Flight, protecting the RAF

Lakenheath community while providing valuable continuity.

"It is a great opportunity for British firefighters to work at American bases," said Neil Green, RAF Lakenheath Fire Department civilian deputy chief. "Because we operate at such a high standard, (RAF Lakenheath) is a good base for your career."

The DFS, the second largest fire brigade in England, provides coverage to all MOD bases in the United

Kingdom and Europe. Worki firefighters here, they get th American counterparts, Gree ing the Air Force firefighter's cal training and upgrade cour Some DFS firefighters have received training for space sh landing emergencies.

With an average of 10 year station, the 36 members of th are in a position to provide st and continuity in contrast to ever-changing cast of Air For members assigned to the fire

"When you talk about cor base, we're the guys who kno because we've been here so l

PAGE 122 JET 48 MAGAZINE



ng side-by-side Air Force e same training as their n said. This includes attend-

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porate knowledge of the ow the base inside and out ong," Green said.

Staff Sgt. Clinton Jordan, RAF Lakenheath Fire Department crew chief, agrees. He sees the DFS firefighters as the key to providing fire coverage to the base

> through deployments and permanent changes of station.

"They definitely keep this place together," he said. "We're in and out so much, they're the core."

He said the knowledge the British firefighters bring is differ-

ent than a lot of Air Force firefighter's experience, and by learning from each other, the two forces are better trained and prepared for various situations.

Neil Green

Defense Fire Service

"They help us out quite a bit. They are great people to

work with," he said.

What it comes down to, though, is that they all have the same goal.

"We all just understand firefighting. You see the problem and you find a solution," Jordan said.

This commitment to firefighting has not gone unnoticed.

Recently, 28 members of the DFS at RAF Lakenheath received the Queen's Golden Jubilee Medal for five years of employment in the emergency services field. Green said this is one of the highest honors the firefighters have received.

Accolades aside, the relationship the DFS and Air Force firefighters share is at the heart of their success.

"We enjoy working with the American military. We've got a good relationship. We are one service, one family; we work to the same ends and we work well together," Green said.

, 2003 PAGE 133 JET 48 MAGAZINE

Jet48Sports&Fitness



Liberty youth garners national awards

STORY AND PHOTOS BY
SENIOR AIRMAN LYNNE NEVEU

48TH FIGHTER WING PUBLIC AFFAIRS

Feet slice through the air with precision as

legs extend and bend like a swan's neck. It is a dance, poetic and without violence. It almost appears to have been carefully choreographed with a continuous thumping and clapping of feet and hands on the mat as they strike for their target, reflexes sharp as a cat.

For Kristina Hesselbrock, tae kwon do is a passion that started 12 years ago when she would watch her brother Erich, a 3rd degree black belt, practice, she said.

"I was the little sister who wanted to do what big brother was doing," said Kristina.

Today, Kristina is a 3rd degree recommended black

belt and the reigning British national champion in cadet lightweight black belt sparring, age 14 to 17 years old. Kristina competed in Kettering with more than 1,500 individuals from England, Scotland and Wales. She is also the 2003 Welsh and South Midlands champion in her division.

Kristina spars during class.

"I feel like I represented America," said Kristina, about her pride in winning the British national championship.

Kristina is not a stranger to intense

competition, or to national caliber opponents. She has competed for seven years, said Lynn Hesselbrock, Kristina's mother. Her 2002 meets include Amateur Athletic Union national tournaments and Junior Olympics competitions

in the United States, achieving several silver medals in these events.

The medals and trophies are a small part of Kristina's tae kwon do achievements, said her father, Col. Roger Hesselbrock, 48th Medical Operations Squadron chief of neurology.

"From my perspective," said Hesselbrock, "Kristina is an awesome young lady who has done and achieved more in her 16 years than many people do in a lifetime."

Lynn agrees and adds that tae kwon do is not just a passing hobby.

"Tae kwon do is not just something she does," said Lynn, "it's part of who she is. She is a martial artist and, as a black

belt, is very aware of being a role model."

Kristina spends her Saturday
afternoons at the RAF Lakenheath
Youth Center assisting Andy Moore,
one of her tae kwon do instructors, with tae
kwon do instruction of youth.

"It's very unusual to have a teenager who works so well with the children and is so placid," said Andy Moore, tae kwon do

instructor at the youth center. "These kids can turn an adult ragged with their enthusiasm. She can be strict and still have fun."

Kristina's age helps the children relate more easily to her, she said. Students spar, practice kicks and learn the art of self-discipline with guidance from Kristina.

"I love it," she said. "It also helps me to loosen up after the intense seriousness of class."

Kristina's intensity is demonstrated in the 10 hours a week she said she spends practicing and the preparation for competitions. Practice includes sparring against as many different people as possible. The day of competition, she said she watches the techniques of her competitors and draws from past experience.

"The hardest part (about competition) is that it is totally random," said Kristina. "You can be matched up against anyone, and you don't know when you'll be going; it depends on the time you're called."

It is the unpredictability of competition that drives Kristina to improve her skills as a martial

artist.

"She loves challenge in all aspects of her life and the greater the challenge, the stronger her determination to meet it," said Lynn.

Kristina's challenge now is to



ards meet i Kr challe

grow as a martial artist and continue to be a strong role model for the students she works with and the people she comes in contact with.

For more information on tae kwon do classes, call the youth center at 226-3180.



Jet48Perspectives

Liberty pride evident to incoming commander

BY LT. COL. D.J. JUNIO

48TH CIVIL ENGINEER SQUADRON COMMANDER

As a newcomer to RAF Lakenheath, I was elated by the opportunity to live in England and be associated with a combat wing projecting the most dominant and lethal force in the European theater area of responsibility, if not the world. Prior to my arrival, I was warned that this is no sleepy hollow, and I'm reminded of that each day with jets taking off on full afterburners. I was introduced to a wing community that displayed not only a sense of pride in all we do, but all that we stand for. The central theme and message I received from "Lakenheath old-heads" has been "high ops tempo from the get-go." I've heard quotes like "this is a fast-paced place" and "tempo here is phenomenal." I was given advice to pace myself. I was told, "this is a marathon at a dead sprint pace" From all the advice so far, this was definitely going to be an endurance run. And the advice continues to flow, and I welcome each and everyone of them. With each comment and piece of advice, however, I observed the person giving the advice or comment oozing with enthusiasm and pride, and it came from all

Someone once said, "endurance bonds a unit together." The pride in everyone's voice was evident as they explained how tough it was deployed at Base X, described the superior results from a frenzied exercise and inspection schedule, or showed off their work center and their contribution to the overall wing mission. Clearly, they were proud to be part of the Liberty Wing and the numerous wing accomplishments.

I recently went to a luncheon to say farewell to a squadron member and his wife separating from the Air Force after only eight years of service. No grand send off or elaborate ceremony here — a simple lunch to say farewell from England. I was a bit at a loss of words since I only knew them for a few days. In my comments, I found fitting to say "Thanks for all that they have done" — not only from the squadron, wing, and Air Force, but on behalf of a grateful nation. In these final words, I saw a glisten in their eyes. When he took the floor, again I sensed the strong pride displayed by the many others I spoke with the previous three weeks.

I have been at Lakenheath for 20 short days. In the past three weeks, I have attended staff meetings collecting enough taskers to fill the first chapter of Harry Potter's next book, received 1,232 emails, participated in a week long joint UK-US exercise, helped host a distinguished visitor from Washington D.C., responded to three action lines, received weekend calls from the first shirt, stayed up all night due to a power outage, been invited to a discharge board, watched intramural games, in-processed through the wing and moved into a house – just to mention a few items. All this made possible because of the many great men and women of the Liberty Wing. How can you not feel that contagious Liberty Pride? Team Liberty is definitely much more than a saying; I see it everyday in how this wing operates.

While we celebrate the Fourth of July weekend and honr our red, white and blue colors, I'm extremely proud to serve our Air Force here at RAF Lakenheath. With the contagious pride and professionalism displayed by the Liberty Wing, I look forward to the remainder of my assignment.

JULY 3, 2003 JET 48 MAGAZINE PAGE 17

Jet48Perspectives

Liberty Wing deploys heroes



Photo by Airman Christopher Walkenhor

Col. William DelGrego, 48th Operations Group commander, discusses the F-15E's capabilities with Master Sgt. Damian Orsolene, 48th Mission Support Squadron, prior to his incentive ride.

BY COL. WILLIAM J. DELGREGO

48TH OPERATIONS GROUP COMMANDER

"In America, we celebrate the virtues of the quiet hero; the modest man who does his duty without complaint or expectation of praise; the man who listens closely for the call of his country, and when she calls, he answers without reservation, not for fame or reward, but for love. He loves his country."

> John McCain U.S. Senator, Arizona

This quote from former Vietnam POW and three-time Sen. John McCain of Arizona about says it all for me. I met such men in February of this year. I have met them throughout my 22 years of service but was reminded once more of how great our people are when Brig. Gen. John Brennan, 48th Fighter Wing commander, asked me to put together a team to go to Incirlik Air Base, Turkey and set up an Air Expeditionary Wing. It was a daunting task, since we knew the wing might be as large as 10,500 people and control over 225 aircraft.

My job, as AEW vice commander, was to take 10 of our best and "make it happen." The group commanders gave me their best and away we went. I had no idea

what the "best" meant until seeing the team in action.

"Team 11," as they came to be known, was born that day and what they did was nothing short of a modern miracle. Why? Because as McCain said so well, these 11 answered the call of their country and did so without complaint or expectation of praise.

These fine men were able to put concept into reality by building the sweetest Expeditionary Operations Center, wing staff complex and mission planning cell you have ever seen. Lt. Gen. Moorehead, the 16th Air Expeditionary Task Force commander for Operation Iraqi Freedom, praised the command and control facility as the "perfect EOC to run an air wing's operation."

How did they do it? First, every one of the 11 are technically competent experts in their chosen career fields; second, they are airmen who recognize the uniqueness and privilege of being a member of the greatest Air Force in the world, and finally, each and everyone of the them are leaders.

Can you say you would have done as well as Team 11? As you juggle life's many challenges – your chosen religion, family and your Air Force job – remember how well it can all be done if your heart is in the task. You should be proud to be members of

the greatest military in the world. Revel in that thought. Our Air Force stays great because of people like you – members of the next Team 11.

On May 30, the 48th Operations Group was able to give a little back when we flew four members of Team 11 on incentive rides in the mighty F-15E Strike Eagle.

Master Sgt.
Damian Orslene had
his first incentive
flight in a fighter
after 21 years of
service. I was proud
to be his pilot. I have
called him the "best
damn master sergeant
in the Air Force" and
I meant it. If you ever
want to meet a great

American ... don't wait for a recognized hero to stop by. Give Damian a call and let him tell you what he did for 45 days in Turkey. His story is one worth listening to. Although he will say it was "no big deal," I thank God he was there with me and was one of the "quiet heroes."

The bottom line: Be experts at what you do, recognize the privilege you have to be airmen in the greatest Air Force in the world and never forget to lead.

Thank you Master Sgt. Orslene, and the rest of Team 11 for all that you did, and will do in the future, for our United States Air Force.

Team 11 members include: Lt. Col. John Powell, 48th Mission Support Group; Lt. Col. Alex Cruz-Martinez, 48th Maintenance Group; Maj. Robert Marlar, 48th Operations Group; Maj. Mark Ciero, 48th OG; Maj. Anthony Thomas, 48th Communications Squadron; Senior Master Sgt. James Lee, 48th Equipment Maintenance Squadron; Senior Master Sgt. Dave Calandra, 48th Munitions Squadron; Master Sgt. Chris Vondenstein, 48th Operations Support Squadron; Master Sgt. Patrick Cowhey, 48th Civil Engineer Squadron, and Master Sgt. Damian Orslene, 48th Mission Support Squadron.

PAGE 18 JET 48 MAGAZINE JULY 3, 2003



Discover Britain



By Sal Davidson - Community Relations Adviser

Alternative accomodations for U.K. travel

Background:

Youth hostels acquired their name



because they used to have an upper age limit of 30. That limit has long been abolished, but the name

Youth Hostel Association had by then become so famous that the original name stuck.

Many Americans are, I know, a little anxious about the word "hostel," perhaps visualizing accommodation for down-and-outs and expecting it to be both shabby and dirty. The European youth hostels are about as far from that description as you can get.

The YHA has 5,000 hostels abroad, and 260 in England and Wales. They're located in major cities, deep in the countryside, and beside the sea. Their charges are very low, and they give excellent value for money.

Hostels are very often sited in spectacular surroundings, many of them in historic or unusual buildings. One of London's hostels is in the shadow of St. Paul's Cathedral, while the York hostel is the former home of the famous chocolate-making Rowntree family, just outside the city.

The hostel in Winchester is an old watermill, and St. Briavel's hostel in Gloucestershire is a Norman castle, used by King John at the time of the Crusades. Hostellers enjoy their medieval banquets.

The hostel at nearby Saffron Walden was built in 1404. It's half-timbered, with oak panelling, and was once famous for the saffron crocuses which grew in its gardens, from which the spice is made.

Staying at youth hostels has two very big advantages; they don't charge much for accommodation and you'll meet a wide variety of people from all over the world.

Traditional accommodation has always been in single-sex dormitories, but since the age limit has been abolished most hostels have smaller units, including family rooms.

Membership:

Annual membership is cheap. Until the end

of the year, the charges will be £6.75 for those age 18 years and younger and £13.50 for adults.

Family membership is a particularly good deal; only the parent(s) pay for membership, after which all children under 18 automatically become members without having to pay anything. The membership charge for an entire single parent family is therefore only £13.50.

Once you have your YHA membership card you can stay in any of the 5,000 youth hostels

that form part of the organisation all over the world, including hostels in the United States.

Overnight charges at each hostel are staggered according to the quality of the accommodation offered. For example, a family staying in a basic converted farmhouse on the Yorkshire moors because they love hill walking, will pay only £6 for each parent and £3 for each child. At the other end of the scale is the most expensive

hostel in England, the new Rotherhythe hostel close to Tower Bridge in London, where adults pay £24 per night.

Although London has seven youth hostels in all, Rotherhythe is the largest with 320 beds, rooms being available for two, four, six, or ten occupants, all with bathroom facilities attached. As in all hostels, sleeping accommodation is in bunk beds.

If you're interested in trying the youth hostel system but aren't sure that you'll like it, you can stay at any hostel overnight without being a member by simply paying a couple of pounds extra on top of the overnight charge. Should you then wish to join later, that sum will be deducted from your membership fee, so keep the accommodation receipt.

It's always a good idea to call the hostel ahead of time to make sure that they have room, especially if you're heading for a popular city like London or York.

Various activities:

The YHA also puts on an excellent range of special activity breaks all year long. To find details, go into their web site on www.yha.org.uk and double click on the icon second from the right at the top of the page (it looks like a person running).

You can undertake special training with a view to gaining a qualification as an expedition leader, or a kayak coach, or join in, canoeing,

archery, mountaineering or caving weekends. Family multi-activity weekends are hugely popular, and make a splendid complete break from the base. The 'Wild 'n Wet Weekend' incorporates caving, kayaking and ghyll (watery ravine) climbing, and you won't have to answer a phone the whole two days.

Surfers need not suffer withdrawal symptoms while they're here. The long coastline of Cornwall has the consistent swells and sandy beaches necessary for the sport. The water is much colder than in California, but six-foot waves



Courtesy photos

are common. Newquay, on the county's north coast, is the main surfing centre, but many places around the coastline hire out wet suits and boards, starting at £10 a day, or £15 for a weekend. If you're looking for an all-in deal, the YHA does an inexpensive two-night break.

Based at Treyarnon Bay hostel near Padstow, the breaks operate in conjunction with a local surfing school run by qualified expert Chris Rea, who has surfed his way around the world for 21 years. The sessions run from May until October and cost from £115 upward, depending on your length of stay. That includes accommodation, all meals, instruction, use of the equipment and a year's free membership of the YHA.

Hostelling is a great way to meet other like-minded people in your own age group, whatever that may be.

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail sal.davidson@lakenheath.af.mil.

JULY 3, 2003 JET 48 MAGAZINE PAGE 21

Jet48Community



Events

Change of command

Lt. Col. Kenneth K. Knight relinquishes command of the 48th Aerospace Medicine Squadron to Lt. Col. Joseph B. Anderson at 3 p.m. Tuesday at the Eagles' Landing.

Briefs

Public affairs office

The public affairs office has moved to the second floor of Building 984, wing headquarters. Deployment briefings are offered Mondays, Tuesdays and Thursdays at 9 and 9:30 a.m. and at 1 and 1:30 p.m. For more information, call public affairs at 226-2151.

Home school workshop

The Learning in a Family Environment home school group offers a home school class from 6:45 to 9:15 p.m. Mondays through July 28 at the Liberty Intermediate School. Home school information is offered. For more information, call Cheryl Vandegrift at (07818) 240948 or email Lifegrp@btopenworld.com

Air Force Association

U.K. Chapter 503 of the Air Force Association meets from 11 a.m. to noon July 11 at the RAF Lakenheath Defenders of Freedom Park for a general membership meeting. A burger burn is offered for \$5. Guest speaker will be Senior Master Sgt. Paul Venturella, 321st Special Tactics Squadron, RAF Mildenhall. For more information, call Capt. Jack Nemceff at 226-7181.

Tuition assistance

The deadline for the Spouse Tuition Assistance Program for Term 1 of academic year 2003-2004 is July 23. Applications are available at the education center. Late applications cannot be accepted. For more information, call Cathy Czyzewski at 226-3847.

MyPay finance

The myPay Web site is available for personnel to retrieve fiancial information including LES, travel payment status and W-2 statements. Visit https://mypay.dfas.mil/mypay.asp. A temporary PIN may be obtained at finance customer service or e-mail Finance.Services@lakenheath.af.mil.

Youth

Flag football

Lakenheath youth flag football registration is July 14 through Aug. 1, for youth ages 5 to 18 years old. For more information, call 226-2935.

Classes

Family support center

The family support center offers the following classes:

Tuesday

6 p.m. – Key spouse meeting

Wednesday

1 p.m. – PCS with ease

1 p.m. – Financial foundations

1:30 p.m. – Resume writing

4 p.m. – Common sense parenting

Thursday

2 p.m. – U.S. home buying

4 p.m. – Common sense parenting

8:45 a.m. – Newcomers' bus tour

For more information, call the family support center at 226-3847.



Photo by Senior Airman Lynne Neveu

Rock on

Sal Davidson, 48th Fighter Wing community relations advisor, keeps the beat going at the Eagles' Landing Friday night. Davidson's band, Pure Passion, gained the second highest bid at the Officers' and Civilians' Spouses Club auction. Julia Hoeschler was the winning bidder and donated the band's performance to the club.

MOVIES

RAF Lakenheath 226-2139

2 Fast 2 Furious, PG-13, starring Paul Walker



and Tyrese Gibson. Former cop Brian O'Conner teams up with his ex-con pal Roman Pearce to transport a shipment of dirty money for shady Miami-based import-export dealer Carter Verone, while actually working with undercover agent Monica Clemente to bring Verone down.

Priday

2 p.m., Rugrats Go Wild, PG, animated. When the vacationing Rugrats and their parents get stranded on a deserted island,

stranded on a deserted island, Tommy Pickles knows there's only one man who can help them: Nigel Thornberry. A bonk on the head has made Nigel suddenly seem more like a 3-year-old than a man. Luckily, the babies have Eliza on their side, and with her ability to communicate with animals; she can even talk to Spike. Will the Rugrats ever make it back to their own back yard? Will Nigel the toddler turn back into a documentary-making dad?

Saturday

Saturday
3:30 p.m., Rugrats Go Wild, PG
6:30 p.m., Dumb and Dumberer, PG-13, starring Eric
Christian Olsen and Derek Richardson. It's the first day of
high school and Harry, who previously has been home
schooled by his mother, needs someone to show him the
ropes. Lloyd, who conveniently lives in the school's
basement with his adoptive dad, school custodian Ray,
turns out to be just the guy.
9:30 p.m., Phone Booth, R, starring Colin Farrell and Forest
Whitaker. What do you do when you hear a ringing public
phone? You know it's a wrong number, but instinct forces
you to pick it up. A ringing phone demands to be answered,
but when Stu Shepard takesthe call, he finds himself hurtled
into a tortuous game. "Hang up," says the caller, "and you're

into a tortuous game. "Hang up," says the caller, "and you're

3:30 p.m., Rugrats Go Wild, PG 6:30 p.m., Dumb and Dumberer, PG-13

6:30 p.m., Head of State, PG-13, starring Chris Rock and Bernie Mac. When a presidential candidate dies unexpectedly, Washington, D.C. alderman Mays Gilliam, a complete unknown, is thrust into the international spotlight of presidential politics.

Wednesday 6:30 p.m., Rugrats Go Wild, PG Wednesday 6:30 p.m., Dumb and Dumberer, PG-13

Thursday 6:30 p.m., Dumb And Dumberer, PG-13 **RAF Mildenhall**

238-2351

Today 6:30 p.m., Rugrats Go Wild, PG

Friday
2 p.m., Sinbad: Legend of the Seven Seas, PG, animated. The adventure starts when Eris, the goddess of Chaos, steals "The Book of Peace," and frames Sindbad for the crime. Setting out to prove his innocence Sindbad travels to the realm that Eris resides in, where he is travers to the realm that Eris resides in, where he is challenged by terrifying monsters which include a giant scorpion, a giant serpent and the Roc, a 40-foot-tall bird made of ice and snow. Even if Sindbad can defeat all of theses monsters, he also has to deal with the effects of Eris' golden Apple of Discord, which has the ability to turn friends in the appearance of the services there is the contraction. friends into enemies when thrown in their midst

Saturday
3:30 p.m., Sinbad: Legend of the Seven Seas, PG
6:30 p.m., The Hulk, PG-13, starring Eric Bana, Jennifer
Connelly and Nick Nolte. In this adaptation of the longrunning Marvel comic "The Incredible Hulk," research

scientist Dr. Bruce Banner's failed experiments cause him to mutate into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions

10 p.m., The Hulk, PG-13

3:30 p.m., The Hulk, PG-13 6:30 p.m., The Hulk, PG-13 Monday

6:30 p.m., Anger Management, PG-13 starring Adam Sandler and Jack Nicholson. A mild-mannered businessman is wrongly accused of a crime and sentenced to an

anger management program, where he discovers that his instructor is a crazy psycho with his own serious anger management problem, and is probably the one man in the world most capable of making his new student blow his lid.

Tuesday 6:30 p.m., The Hulk, PG-13 Wednesday 6:30 p.m., The Hulk, PG-13 Thursday 6:30 p.m., The Hulk, PG-13

